

Healthy You Recipe Challenge – Class 9

Try making this simple quick meal at home instead of going out to purchase a more expensive “convenience” food!

Halibut and Veggies

www.Becel.ca

Makes 4 servings

Ingredients:

- 4 Halibut Fillets (4oz each, at least 1” thick)
- 1 tsp fennel seeds
- 1 tsp coriander seeds
- ¼ tsp salt
- ¼ tsp pepper
- 1 red pepper, seeded and cut into strips
- 1 medium zucchini, thickly sliced on the diagonal
- ½ medium bulb fennel, trimmed and thinly sliced
- 2 cloves garlic, minced
- 1 tbsp non-hydrogenated margarine (or olive oil)



Instructions:

1. Preheat oven to 450°F
2. In a small skillet over medium heat, toast fennel and coriander seeds shaking pan for 3 minutes or until fragrant; set aside. On a cutting board using a chef's knife, chop the seeds several times to release the flavor. Place a small bowl and combine with salt and pepper; set aside.
3. Spread vegetables in a single layer on a large rimmed baking sheet and sprinkle with garlic. Roast in preheated oven for 10 minutes. Meanwhile, pat fish dry, brush with margarine and sprinkle with spice mixture. Remove baking sheet from oven and place fish filets evenly spaced on top of vegetables. Roast 10 minutes or until a knife inserted in the fish comes out warm, this should take about 15 minutes. Serve immediately.

Please see the reverse side for the nutrient information.

Nutrients per serving (1 Halibut)	
Calories (kcal)	180
Fat (g)	6
Saturated Fat (g)	0.8
Trans Fat (g)	0
Sodium (mg)	230
Carbohydrates (g)	7
Fibre (g)	2
Sugar (g)	3
Protein (g)	25

Notes: